



WASHINGTON STATE LAW ENFORCEMENT / CORRECTIONS VIRTUAL PAT REQUIREMENTS



EQUIPMENT REQUIREMENTS

1. You must have either a mobile smartphone, tablet, or computer (only one is required).

a. Your device will be used to record your performance so that PST can proctor and score your Virtual Physical Ability Test (V-PAT). Your device must meet the following requirements:

- Laptop running macOS 10.15.4+
- Laptop running WindowsOS 10+
- iPhone 7 or later running iOS13+
- Android device running Android OS 5+
- Camera and Microphone enabled

b. A stand/holder for your device so that it can record your performance.

2. A reliable internet connection.

Your device must be connected to the internet **at all times**. Your device should have a 4G+ or WiFi connection with at least 3 Mbps or better (broadband recommended). **If you lose internet connection, your event may not upload and will not be scored.** Data rates may apply.

PROP REQUIREMENTS

1. Push-ups event:

a. One 4-inch (or less) item for judging lowest point of push-up. Examples include:

- A toilet paper roll
- A paper towel roll
- A rolled up bath towel secured with a rubber-band
- Yoga block
- Etc.

b. Tape measure or ruler for verifying height of 4-inch (or less) item.

2. Sit-ups event:

a. A device to secure your feet for the duration of the event. Examples of potential props include:

- Placing weights over your feet/ankles
- Placing your feet under a couch or chair
- Placing your feet under a doorframe
- Using a second person to hold your feet/ankles

b. You will need to secure your feet before the test begins. You are not able to adjust the foothold after you start the event.

3. Squat Thrusts event:

a. You may use a floor/workout mat if desired, but not required. If you use a mat, you must be either completely on or completely off the mat during the exam.

TESTING CONSIDERATIONS

1. The V-PAT option is **ONLY** for those candidates testing for Washington State Law Enforcement and/or Corrections. **Physical ability testing for other states' requirements are not supported.**

- If you need a PAT completed for a state other than Washington, please see our additional PAT scheduling options.

2. You must complete all testing yourself. **Cheating during the testing process will not be tolerated and will result in your disqualification.**

3. Ensure you have all equipment and props required **BEFORE** starting your test. The test should take you **30-45 minutes to complete.**

4. Once you begin your test, you must complete each event in order, within time limits, and without taking extra time between events. **You will receive:**

- 90-seconds for Push-up event
- 90-seconds for Sit-up event
- 3-minutes for Squat Thrusts event
- Up to 10 minutes between each event for recovery and set-up of your next event.

5. Choose a testing location that is quiet and free from distractions and obstructions. The location must also be large enough that you can place your recording device in a location to capture your entire range of motion during testing.

6. You will be required to show and/or sign multiple documents in your PST account prior to and/or during your testing.



Your government-issued photo ID.



A signed Applicant Liability and Waiver Form, Test Security Agreement & Non-Disclosure Agreement.

7. Your performance will be recorded and uploaded to the PST website for proctoring and scoring. Events will be scored within 1-2 business days after submission.

READ ALL INSTRUCTIONS
CAREFULLY AND FULLY REVIEW
THE PREPARATION VIDEOS
TO ENSURE YOU ARE READY
FOR YOUR TEST.



SCAN ME